MEDIAL COLLATERAL LIGAMENT (MCL) RECONSTRUCTION/ REPAIR POST-OP REHABILITATION PROTOCOL

The following is a protocol for postoperative patients following ACL reconstruction. The primary goal of this protocol is to protect the reconstruction while steadily progressing towards and ultimately achieving pre-injury level of activity. Please note this protocol is a guideline. Achieving the criteria of each phase should be emphasized more than the approximate duration.

**PHASE I: 0-2 WEEKS POSTOPERATIVE**

**GOALS:**
- Pain/effusion control
- Good quad control

**AMBULATION, DRESSING, AND BRACE USE:**
- Dressing – POD 1: Debulk dressing, TED Hose in place
  - POD 2: Change dressing, keep wound covered, continue TED Hose
  - POD 7-10: Sutures out, D/C TED Hose when effusion resolved
- Brace x 8 weeks – Locked in extension for ambulation
- Crutches – Partial weight bearing (PWB) in brace
  (no more than 50% of body weight)

**EXERCISES:**
- Calf pumping
- AAROM, AROM 0-90 degrees
- Passive extension with heel on bolster or prone hangs
- Electrical stimulation in full extension with quad sets and SLR
- Quad sets, Co-contractions quads/hams
- Straight leg raise (SLR) x 3 on mat in brace – No ADD
- Short arc quads
- No stationary bike x 6 weeks
- Ice pack with knee in full extension after exercise

**PHASE II: ~2-4 WEEKS POSTOPERATIVE**

**GOALS:**
- ROM 0-90 degrees
- No extensor lag

**AMBULATION AND BRACE USE:**
- Brace x 8 weeks – Open to 0-45 degrees
- Crutches – PWB in brace

**EXERCISES:**
- Continue appropriate previous exercises
- Scar massage when incision healed
- AAROM, AROM 0-90 degrees only
- Total Gym for ROM (level 1-3)
  - Passive flexion to 90 degrees (push up with opposite leg)
- SLR x 3 on mat, no brace if good quad control – No ADD
- Double leg heel raises
- No stationary bike x 6 weeks
- Stretches – Hamstring, Hip Flexors, ITB

**PHASE III: ~4-6 WEEKS POSTOPERATIVE**

**GOALS:**
- ROM 0-120 degrees
- No effusion

**AMBULATION AND BRACE USE:**
- Brace x 8 weeks – Open to 0-90 degrees
- Crutches – PWB in brace
EXERCISES:
Continue appropriate previous exercises
AAROM, AROM 0-120 degrees
Standing SLR x 3 with light Theraband bilaterally
– May begin Hip ADD with Theraband if good LE control in full extension
Total Gym (level 3-5)– Mini squats 0-45 degrees
– Passive flexion to 90 degrees (push up with opposite leg)
Leg press 0-45 degrees with resistance up to ¼ body weight
Hamstring curls 0-45 degrees – Carpet drags or rolling stool (closed chain)
No stationary bike x 6 weeks

PHASE IV: ~6-8 WEEKS POSTOPERATIVE
GOAL: Full ROM

AMBULATION AND BRACE USE:
Brace – Open to full range
Crutches – Weight bearing as tolerated(WBAT), D/C crutch when gait is normal

EXERCISES:
Continue appropriate previous exercises
PROM, AAROM, AROM to regain full motion
Standing SLR x 4 with light Theraband bilaterally
Wall squats 0-45 degrees
Leg press 0-60 degrees with resistance up to ½ body weight
Hamstring curls through full range – Carpet drags or rolling stool
Forward, lateral and retro step downs in parallel bars
– No knee flexion past 45 degrees (small step)
Proprioceptive training – Single leg standing in parallel bars
– Double leg BAPS for weight shift
Single leg heel raises
Treadmill – Forwards and backwards walking
Stationary bike – Progressive resistance and time
Elliptical trainer

PHASE V: ~8-12 WEEKS POSTOPERATIVE
GOAL: Walk 2 miles at 15min/mile pace

BRACE USE: D/C BRACE

EXERCISES:
Continue appropriate previous exercises with progressive resistance
Leg press 0-90 degrees with resistance as tolerated
Hamstring curls on weight machine
Knee extension weight machine
Forward, lateral and retro step downs (medium to large step)
Proprioceptive training – Single leg BAPS, ball toss and body blade
– Grid exercises
Continued on following page
Treadmill – Walking progression program
Stairmaster – Small steps
Pool therapy

PHASE VI: ~3-4 MONTHS POSTOPERATIVE
GOAL: Run 2 miles at an easy pace

EXERCISES:
Continue appropriate previous exercises
Fitter
Slide board
Functional activities – Figure 8s, gentle loops, large zigzags
Treadmill – Running progression program
Pool therapy – Swimming laps
Quad stretches

PHASE VII: ~4-6 MONTHS POSTOPERATIVE
GOAL: Return to all activities

EXERCISES:
Continue appropriate previous exercises
Agility drills / Plyometrics
Sit-up progression
Running progression to track
Transition to home / gym program
No contact sports until 6 months post-op